Pasta

Spaghetti, noodles, macaroni, ravioli, and lasagna have been staples for decades. It's these comfort foods people miss the most when living gluten free. Strangers give those who can't have noodles a hard time for not eating them. For years, cooks had to guess what gluten free flour mixture could make a good home made noodle. Now, there is a variety of corn and rice noodles on the market. Some brands appeared, were great, and disappeared for some unknown reason. Rice and corn noodles do take a little extra care when cooking. Taste and texture are best when slow boiled.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Noodles (gluten)
Sugar (diabetics)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 8 quart cooker

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- **1 tablespoon butter**
- **1 to 2 boxes (or bags) of noodles (gluten free)**
- **Dash of salt**

Preparation time: 10 minutes

Preparation:
1. **Fill an 8 quart cooker 3/4 full of water.**
2. **Bring to boil over medium heat.**
3. **Add noodles while stirring. (Break spaghetti noodles into quarters).**
4. **Reduce heat when it returns to a boil.**
5. **Stir frequently. Cook until soft.**
6. **Drain in a strainer, and rinse with cool water.**

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.
1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**

Add your microwave time here: _____